UNA Quarantine & Isolation Guidelines

Isolation Guidance (If you tested positive for COVID-19)

- Call Health Services at 256-765-4328
- Stay home for 5 days
  o If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
  o It is not required, but you could test on day 5, if available.
  o Continue to wear a mask around others for 5 additional days.
  o If your symptoms are not resolving after 5 days, call Health Services and quarantine an additional 5 days.

Quarantine Guidance (If you were exposed to someone with COVID-19)

IF YOU:
- Completed the primary series of Pfizer or Moderna vaccine within the last 5 months OR
- Completed the primary series of J&J vaccine within the last 2 months OR
- Have been boosted:
  o You do not quarantine.
  o Wear a mask around others for 10 days.
  o It is not required, but you could test on day 5, if available.
  o If you develop symptoms, call Health Services and schedule a test.

IF YOU:
- Completed the primary series of Pfizer or Moderna vaccine over 5 months ago and are not boosted OR
- Completed the primary series of J&J over 2 months ago and are not boosted OR
- Are unvaccinated:
  o Call Health Services at 256-765-4328.
  o Stay home for 5 days.
  o Wear a mask when around others for 10 days.
  o It is not required, but you could test on day 5, if available.
  o If you develop symptoms, call Health Services and schedule a test.